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## **AMENDMENTS TO THE CLAIMS**

Please amend Claim 1 and add new Claims 4-10 as follows:

1. (CURRENTLY AMENDED) An insert for use in the shell of a ball and seat valve finding application in a reciprocating downhole pump, comprising:

a cylindrical tubular body forming a through-bore and having vertically spaced apart top and bottom rings joined by circumferentially spaced apart ribs, the rings and ribs combining to form side openings;

the ribs supporting inwardly protruding flanges having upper inner ends arching together toward the longitudinal axis of the body, the flanges each thinning upwardly and inwardly <u>and having curved bottom surfaces</u>; and

an upwardly directed, elongate reinforcing member connected with the flanges at their upper inner ends, the reinforcing member and flanges protruding above the upper top ring;

the <u>curved bottom surfaces of the</u> flanges and the reinforcing member combining to form a semi-spherical ball stop <u>located beneath an upper edge of</u> the top ring.

 (ORIGINAL) The insert as set forth in claim 1 wherein: the ribs are inclined and shaped to form helically configured side openings; and

the flanges are helically directed.

- 3. (ORIGINAL) The insert as set forth in claim 2 wherein: the flanges correspond at their bases with the shaping of the ribs.
- 4. (NEW) An insert for use in the shell of a ball and seat valve finding application in a reciprocating downhole pump, comprising:

a cylindrical tubular body forming a through-bore and having vertically spaced apart top and bottom rings joined by circumferentially spaced apart,

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5 inclined ribs, the rings and ribs combining to form helically configured side openings;

the ribs supporting inwardly protruding, helically directed flanges having upper inner ends arching together toward the longitudinal axis of the body, the flanges having curved bottom surfaces; and

an upwardly directed, elongate reinforcing member connected with the flanges at their upper inner ends, the reinforcing member and flanges protruding above the top ring;

the curved bottom surfaces of the flanges and the base of the reinforcing member combining to form a semi-spherical ball stop located beneath an upper edge of the top ring.

- 5. (NEW) The insert as set forth in claim 4 wherein: the flanges each thin upwardly and inwardly along their inner ends.
- 6. (NEW) The insert as set forth in claim 1 wherein there are three ribs supporting three flanges.
- 7. (NEW) The insert as set forth in claim 2 wherein there are three ribs supporting three flanges.
- 8. (NEW) The insert as set forth in claim 3 wherein there are three ribs supporting three flanges.
- 9. (NEW) The insert as set forth in claim 4 wherein there are three ribs supporting three flanges.
- 10. (NEW) The insert as set forth in claim 5 wherein there are three ribs supporting three flanges.